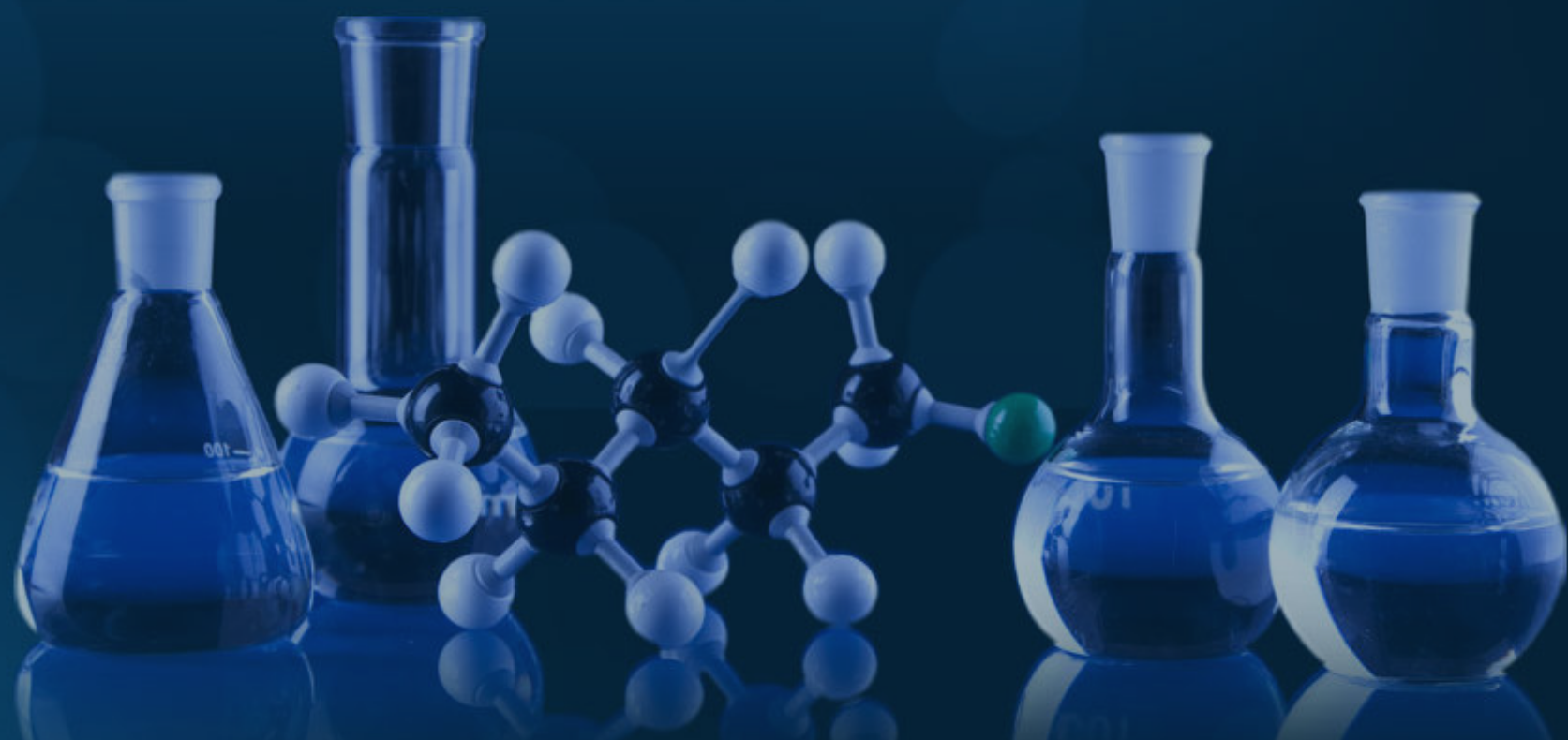




ARL is an Authority on Nutrition and the Science of Balancing Body Chemistry Through Hair Tissue Mineral Analysis!

Hair Tissue Mineral Analysis



# Nickel

Home » Mineral Information » Nickel

### Sources Of Nickel

- cigarette smoking
- commercial peanut butter
- herring
- hydrogenated vegetable oils
- imitation whip creams
- kelp
- imitation whip creams
- margarine
- nickel plating
- oysters
- tea
- unrefined grains and cereals
- vegetable shortening
- vegetarian products

**manufacture of:** steel, batteries, machine parts, wire, electrical parts

### How Nickel Affects The Body

Kidneys -	nickel has a tendency to accumulate in the kidneys.
Hormone, Lipid and Membrane Metabolism -	It is believed that nickel has some physiological role related to these functions.

### Hair Analysis Notes

- Normal nickel is about 0.1 mg% or lower.
- More research is needed regarding the physiological roles and significance of hair levels of nickel.

*This material is for educational purposes only  
The preceding statements have not been evaluated by the  
Food and Drug Administration  
This information is not intended to diagnose, treat, cure or prevent any disease.*

Copyright © 2012 -2020